



@ St. Joseph's

Dear Parents,

Welcome to our final newsletter of the school year 2021-22. How lovely it has been to build-up to the point where Parents have been able to attend Class Assemblies, Sports Days and Summer Concerts. For some of you, I know it has been your first glimpse of our school from the inside! Having our Year Six children able to attend their PGL Residential Trip has been joyful. The experience is such an important aspect for transition and one which will give them memories to last a lifetime.

We wish the Year Six children all our love and best wishes as they embark on the next phase of their journey.

We bid goodbye to Mrs Matthews as she begins her well-earned retirement. I know I speak on behalf of all staff when I say that she has been an inspiring Headteacher who has really cared about the Mental Health and Wellbeing of staff and children in our school. We also say goodbye to Mrs Fagan, Ms Dennis and Mrs Marsh who have served our school and given so much commitment over the years. We wish them all the very best in their future roles.

Wishing you all a very happy and safe summer holidays. We look forward to welcoming you back in September.

Ms. Wilson and the Wellbeing Team

Friendships & Conflict

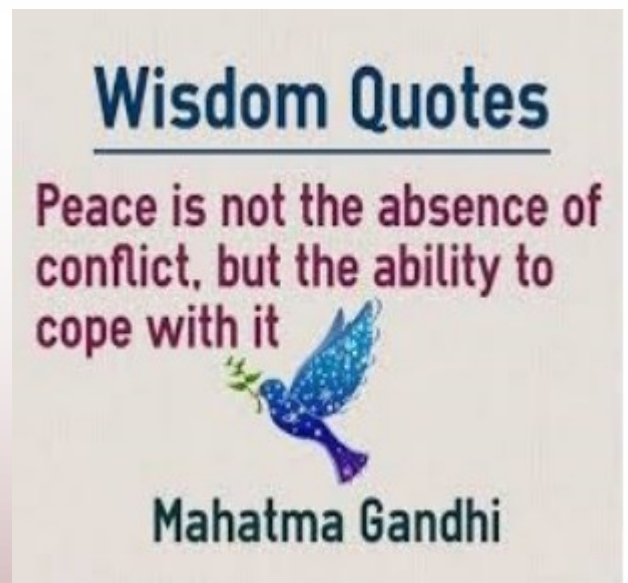
Thoughts for reflection over the holidays.

During primary school, children go through many stages of making friends and along the way will experience conflict at some stage. It is very normal for children to experience conflict from time to time as this is a way of discovering what works with friends and what doesn't - put simply children are still developing their social and emotional skills.

Some children may get confused when they have a disagreement or conflict with another person. This is a wonderful teaching moment to guide them and help them learn about how to get along with others. Sometimes children can resolve conflict themselves, particularly as they grow into the upper years of primary, but when they are young they may need guidance, and most importantly emotional support.

Conflict teaches children:

- How to give and take
- How to come to an agreement
- How to compromise
- How to solve problems
- To build empathy
- To understand others and their needs
- How to get along in a group
- How to develop successful, loving and healthy relationships as adults.



Mrs Partridge asked for this poster to be shared.

It's all about the little things that can bring us such joy...

Things I want to pause and notice about my kids this week...

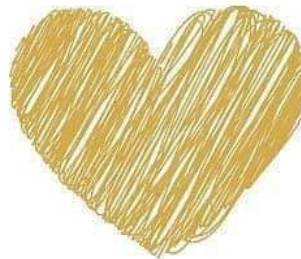
@mombrain.therapist

the sound of
their laugh



the excitement
they see the
world with

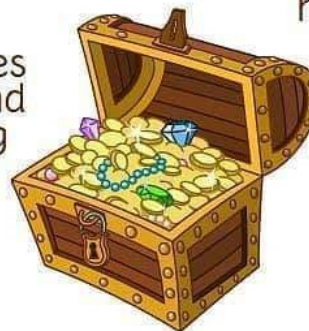
how they
show their
love



how they
look doing
something
they love



the
treasures
they find
& bring
home

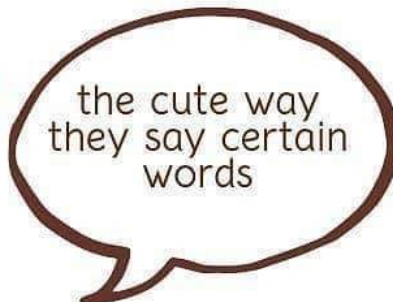


how their hand
fits in mine



how they look
when they sleep

the cute way
they say certain
words



the unique
person they are
growing into



their pride
when they
show me
something new

Jump Back Up July 2022



MONDAY

TUESDAY

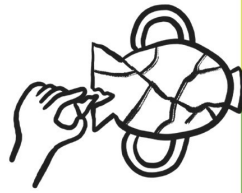
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them



11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together